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FAMILY-FOCUSED MONTHLY NEWSLETTER

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Make Every day Earth Day!

April 22 is officially [Global Earth Day](#), but why not aim to get a daily nature fix? Here's why. Studies show time in nature can:

- Improve our health, both mentally and physically
- Reduce stress and symptoms of attention deficit disorders
- Boost immunity, energy levels and creativity
- Increase curiosity and problem-solving ability
- Improve physical fitness and co-ordination
- Build environmental stewardship and more!

Looking for local opportunities to get outside? Check out CRD Regional Parks [Nature Outings and Events](#) for nature lovers of all ages.

Smile! It's oral health month

Here are [some tips](#) to help keep teeth and mouths healthy. Regular trips to the dentist are also key and can be expensive. Ask a dentist about the [BC Healthy Kids Program](#) which helps children of low-income families access dental care. Children are eligible for \$2000 towards basic dental services every two years.

Organized Chaos?

Helping your kids learn organizational skills helps build competencies, confidence and reduces the amount of chaos busy days can bring. [Check out this article](#) from CBC Parents for tips to help your kids learn this fundamental life-skill. Curious about organized chaos? [Here's the definition](#) (it may sound familiar ☺).

Active kids become Active Adults

We all know physical activity helps build healthy bodies and brains – but did you know that active kids are far more likely to become active adults? Check out this short piece, from Canadian parenting expert, Ann Douglas. And [these tips](#) can help your kids develop FUNDamental movement skills and the joy ([and benefits](#)) of life-long physical activity.



TERRITORIAL ACKNOWLEDGEMENT

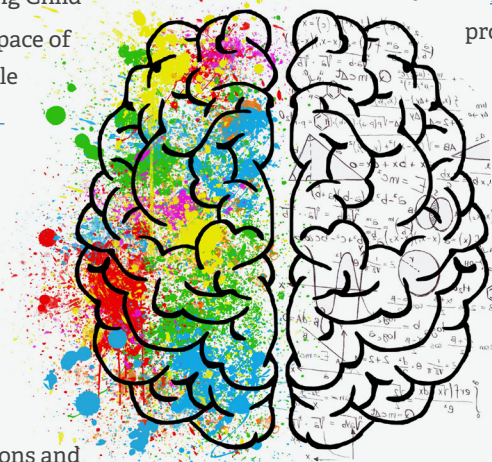
Sooke School District acknowledges the traditional territories of the Coast Salish: T'Sou-ke Nation and Scia'new Nation and Nuu-chah-nulth: Pacheedaht Nation. We also recognize some of our schools reside on the traditional territory of the Esquimalt Nation and Songhees Nation.

The Developing Brain

Curious about the developing brain? Check these evidence-backed resources out:

- Early Years – a [series of short videos](#) from the Harvard-based Center on the Developing Child
- Middle Years (ages 6-12) – The pace of brain growth during the middle years is at its peak. [Read more here.](#)
- And for a positive advantages of the teenage brain, [check out: Why the teenage brain has an evolutionary advantage.](#)

The [Brain Game](#) and [the interactive brain](#) are two family-friendly ideas that expand horizons and might just spark a love and appreciation of neuroscience!



Need to talk?

We all go through challenges – some you can see, most you can't. Here's a few 'go to' resources that might be helpful for you and yours:

- [Keltymentalhealth.ca](#) helps families across the province navigate the mental health system, listen and offer peer support, and connect them to resources and tools.
- <https://kidshelpphone.ca> connects with 1000s of Canadian kids each year over the phone, live chat, text or through their online resources that cover a wide range of topics.
- [bc211.ca](#) is an organization that specializes in providing information and referral regarding community, government and social services in BC.

Inquiring about Immunizations?

This [Island Health link](#) shares more on vaccine preventable diseases, where to get immunized, at what age and more.

Coming Soon

Bike Skills 101 series

A low-cost opportunity to help your kids master the fundamentals. [See here for details.](#)

Metchosin Community Earth Day Celebration

April 14th 12 PM – 3 PM

Free, family friendly event, guided nature walks, photo scavenger hunt & more! <http://metchosinbiodiversity.com/>

Parenting in the Digital World

FREE evening session for parents/caregivers – April 16, 6:30 at Belmont Secondary. Child minding available.

Earth Day Children's Art Show at the Coast Collective

Runs April 17-28. www.coastcollective.ca

"PLAYshop" at Happy Valley Elementary

April 23rd 6:30-8:00 - free, fun, active evening full of tips to help parents help their kids develop fundamental movement skills and a love of physical activity.

West Shore Parks & Recreation hosts Youth Drop-In groups at [Centennial Centre](#)

- Friday Nights at from 6:30-8:30 pm. Youth ages 11-14.
- Trans & Queer Youth Drop In: Wednesdays 4:30-6:30 pm. For ages 11-18 for all youth, trans, queer and allies.

For more: cbryson@westshorerecreation.ca

10th Annual Free Family Sport and Recreation Festival at PISE

Saturday, May 4th. <https://www.pise.ca/family-sport-rec-festival/>

GOT FEEDBACK FOR US?

Health is key to learning (and vice versa), so as part of the district's commitment to promoting health and learning for all, we'll share monthly bulletins full of tips and resources we hope you find helpful. Got feedback? We'd love to hear it! Cindy Andrew, Healthy Schools Lead, candrew@sd62.bc.ca